



# New Things Every Woman Ought to Know



## Watch Your Spigots and Help Save the Nation Millions of Dollars

**L**ITTLE drops of water dripping from countless spigots when not in use makes a flood of waste which costs the nation millions of dollars a year and places a heavy additional burden on every taxpayer. All this loss is due either to carelessness in not closing the spigots or to failure to keep them supplied with proper washers. When the washer in a spigot becomes worn out it is impossible to shut off the flow of water completely.

How to prevent this needless waste of water is a serious problem for every American city. And there is no better way for women to show their fitness for an active share in the affairs of government than by watching the spigots in their homes and seeing that water is never allowed to run to waste.

Water is so plentiful that we are apt to forget its value in dollars and cents. We are more wasteful of it than we would be if we stopped to think how much it costs a town or city to gather it in huge reservoirs, to remove the impurities in filtration plants, and to bring it through miles of elaborate aqueducts and mains to the places where we live and work.

You may think the water which drops continually from a spigot in your home a trivial matter and not worth the small effort necessary to turn it off or to supply a new washer. But just multiply the amount of water you are wasting in this way by the number of other similar wasteful spigots in your city and you will be amazed at the enormous total.

The Department of Water Supply in Clarksburg, W. Va., has been studying this problem in a scientific way. The results of its investigations are included in an extremely valuable Sanitary Plumbing Code, such as every city might profitably issue for the guidance of its citizens in ways of saving water and in the proper observance of sanitary regulations regarding sewers, plumbing, etc.

The Clarksburg water officials estimate that water just dripping through a spigot of the type most commonly used will waste in a day 15 gallons, in a week 105 gallons, and in a year 5,475 gallons. The yearly cost of such a waste in Clarksburg is \$1.38. This would be hardly worth noticing if only one leaky spigot were concerned, but when there are thousands of them it becomes serious.

Water leaking through an aperture 1-32d of an inch in diameter wastes 264 gallons a day, 1,848 gallons a week and 98,360 gallons a year. Five hundred such spigots would mean an annual loss of more than 12,000.

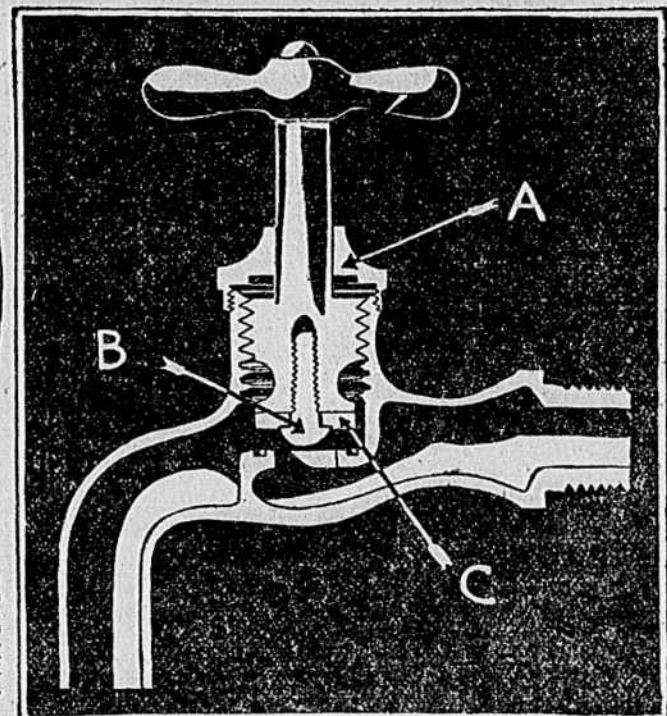
If the aperture in the defective spigot is 1-16 of an inch the water wasted amounts to 835 gallons a day, 5,845 gallons a week and 304,775 gallons a year. The annual loss resulting from five hundred such spigots would amount to over \$38,000.

If the leakage space is one-fourth of an inch in diameter the annual waste amounts to more than 6,000,000 gallons, worth \$1,500. Water leaking through a three-eighths of an inch opening wastes during a year over 14,000,000 gallons valued at \$3,618; and through a half-inch opening the annual leakage amounts to more than 5,000,000 gallons or \$6,400 worth.

How fast the waste of water runs into money can be seen by taking 1-32d of an inch as the average opening. Ten thousand such spigots, all of which



Water Dropping Like This Wastes 15 Gallons a Day, 105 Gallons a Week and 5,475 Gallons a Year. Twenty Thousand Spigots Leaking Like This Throws Away Every Year Over \$27,000 Worth of Water.



Most Spigots Leak Because Their Washers Are Worn Out. To Put in a New Washer First Shut Off the Water in the Cellar or Basement. Then Remove the Nut (A) and the Screw (B). Take Out the Old Washer (C) and Put the New One in Its Place. Replace the Screw Tightly but the Nut Not Too Tightly. Now the Spigot Is in Repair Again and the Water Can Be Turned On.



Water Leaking Through One Sixteenth of an Inch Aperture Wastes 264 Gallons a Day, 1,848 Gallons a Week and 98,360 Gallons a Year. The Annual Loss from Just One Such Leaky Spigot Amounts to \$76 and There Are Thousands of Them in Many Cities.

could be put into perfect condition in a very few minutes and with the expenditure of only a few pennies, would allow nearly a quarter of a million dollars' worth of water to run to waste in a year.

All these estimates of the value of the water wasted are based on the cost of water in Clarksburg. In other cities, where the water is brought from a longer distance, or where more expensive water works systems are in use, the figures would be even higher.

These figures are enough to show that to save the water should be the duty of every good citizen. The more water wasted the greater the expense to the municipality and the higher the tax rate.

Children and everybody who uses water should be taught to turn the spigot off tight as soon as they are through with it.

It is not necessary to call in a plumber to repair a

replace an old, worn-out washer with a new one that will close the spigot tight and prevent leakage.

The accompanying diagram shows the construction of a spigot and the location of the washer which is necessary to prevent leaks.

In replacing a worn-out washer the first step is to shut off the water at the point where it enters the building in the cellar. Then remove the nut (A) and the screw (B). Then take out the old washer (C) and insert the new one. The screw (B) should be replaced tightly, but the nut (A) not too tightly.

This is all there is to it. When the nut is back in place you are ready to turn on the water and your spigot will not leak until the washer again becomes worn out.

leaky spigot. Any man or woman who is at all handy with tools can do it, or even a child can be taught to do it.

Before you deal so severely with your little sons and daughters because they are irritable or because they do poorly with their studies, be sure that it's not some defect in their physical condition that is to blame.

There are in the United States 30,000,000 school children under fifteen years of age, and only a small percentage are really fit to be in school. Over 10,000,000 of these children have defective teeth; 5,000,000 have enlarged tonsils or adenoids; another 5,000,000 are suffering from lack of proper nourishment; 4,000,000 have defective eyes, and 1,000,000 are more or less deaf.

Teeth are the things which most parents are prone to neglect. It is estimated that over 80 per cent of the children in the public schools have at least one tooth which badly needs attention from a dentist.

Don't think that nothing needs to be done for a tooth just because it causes the child no pain. Decayed teeth are ideal breeding places for germs and make a child much more liable to all sorts of infectious diseases. If something is not done for them they may cripple his mouth for life or they may cause the glands of his neck to swell up and form abscesses. Then, too, the child with decayed or painful teeth cannot masticate his food properly, and so fails to get the nourishment his growing body demands.

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## Are Your Children Fit for School?

**I**T is important for every mother to know whether her boys and girls are fit for school. Many children fall in their studies and lay the foundations for lifetimes of ill health simply because their well-meaning but ignorant parents force them to go to school when they are not in the right physical condition.

A child is not fit for school unless he shows a uniform gain in weight. His flesh should be firm, his bones well shaped and every part of his body gradually rounding into normal form. He should have a good appetite for all kinds of wholesome food, and his digestive apparatus should be in perfect working condition. Every night should find him getting sound, healthful sleep, and, whether awake or asleep, he should always breathe through his nose. His skin, not only of his face, but of his whole body, should be clear and rosy; his teeth sound, his breath sweet and his tongue clear.

If your boys and girls are lacking in any of these particulars they are either subjects for your family physician than for a teacher, and you should not think of allowing them to enter a schoolroom until they have received the necessary medical attention.

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## Cavalieri's Beauty Secrets

**U**NSIGHTLY brown spots that appear in the face and that greatly mar the complexion in the Autumn and Winter are more disfiguring than freckles. Commonly called moth patches or liver spots, they are due to a torpid liver.

The first step toward their cure is to relieve the overburdened liver by eating less meat, say one-half or two-thirds less, and eating twice as much fruit and twice as many vegetables as has been your habit. In connection with this it is well to take some simple remedy that is an acknowledged blood purifier. The best I know is sassafras tea, old fashioned, but standard. If freshly dug roots can be secured, so much the better. If not, the dried sassafras procurable at a drug store will answer almost as well. Sweeten it if you find by so doing it becomes more palatable.

Of the vegetables, the most direct agent for ridding yourself of the disfiguring spots is the tomato. It acts directly and powerfully upon the

liver. The moth-flecked skin indicates not only laziness of the liver, but lack of the blood, and the tomato, being rich in iron, is a generous blood feeder, adding quickly to the number of red corpuscles in the blood stream. Most of its properties are retained if you eat it raw. Pineapples are excellent correctives of the condition. The action of its juices, whether external or internal, are beneficial to the skin. The acid of the juice gives tone and strength to the stomach and whips the indolent liver, spurring it to its needed exercise.

An indoor exercise of value in correcting the liver disorder, that is the parent of the moth patches or liver spots, is taken in this way: Sit astride a chair, facing its back, the hands firmly grasping the chair back. Twist the trunk of your body as far to the right and then to the left as you can without moving from your seat on the chair. Firmly maintain the seat for if you do not the work will go for naught. The twisting will exercise the muscles of the abdominal region and quicken the circulation of blood through the liver.

A standing exercise that has the same beneficial effect is as follows: Stand erect. Lift the chin. Let the hands rest on the hips. Let the feet rest on the chair. Firmly maintain the trunk as far to one side as it will go. Hold this position for five seconds. Then return the body to the posture at which you began the exercise. Then repeat the motion on the left side. Alternate. Keep the thighs immovable and the legs tense.

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## The Course of True Prophecy

**"I**T'S obvious," murmured Serenity, "that I'm in for something; the question is—what?"

And she gazed apprehensively at her star prophecies which, particularly as concerned the nasty parts, were coming most horribly true.

She had become entangled with the astrologer through an advertisement. On receipt of this emolument the astrologer had dispatched Serenity's character and sundry inklings of her future for the next two years, prefacing these by the announcement that the first one would be "the most critical of your life. All your doubts should be carefully regulated." Serenity found that to regulate her doubts it would be necessary to "consider your future and write to me without delay, sending a postal order for \$2.50." This done, she would receive something that was enticingly christened her prophecies and which embodied accurate details of the trials that would beset her.

She sent the money, but when the package of disaster came it proved to be less explicit than she had hoped, and for the whole truth it appeared that she would charge extra.

Having spent her allowance for the next three months she found a further investment impracticable, and went on happily for more than six, when she was recommended by an ardent admirer, unpossessed by the stanchness he would send her a letter every morning and chocolate once a week, and a sinister complexion was put upon him by the fact that he was described, exactly described, in her prophecies.

Indubitably he was "below medium height, inclined to be fleshy, with dark hair, and a slightly sallow countenance." Oh, monstrous! If he had come true mightn't he vouch for the verity of all the rest? She shook him off by inferring that she had departed eternally to Paris; but now, when eight months of the year were spent, she was again imperilled.

She had written to the prophet,

sent honest inquiries as to how she might cheat the planets, and lo, his response had been a barren silence.

Serenity eyed his ambiguous disclosures. Professor Aylmer, 38, Barter Lane, E.C. They all bore that insignia. Barter Lane, where was it? Presumably his office, and by means of three buses she was transported thither.

She was confronted by a jolly man in shirt sleeves—obese and prosperous. She hated aggressive prosperity. "Excuse me, but does a gentleman named Aylmer have his office here?" "Oh, him," he answered, "he's been gone morn'n six months." He again looked at her, and Serenity smiled, and that unlocked his secrets.

"Didn't have his office here though, Miss; his letters were addressed here, that was it; but he—he had to go."

"Yes, had to clear out at last. I was very sorry—liked him; no objection to him at all myself—but they were after him under the fortune-telling act. The police made a regular thing of it."

"Don't you know where he is now?" she faltered. "No, miss; all over the place he used to be. But, yes, I used to send his letters to Boverton's Hotel in Fleet street; but the police began to bother. But then he gave that up, too. 'Do you think they'd know anything about him at Boverton's Hotel?'"

"No, miss; he used to stop there off and on." "Thank you," said Serenity; "I shall so there." She was in Boverton's Hotel; she had asked the police to begin to bother. But then he gave that up, too. "Do you think they'd know anything about him at Boverton's Hotel?"

some one else. I asked for—not you at all."

She blushed steadily, increasingly, the rosy tide overwhelmed her. The young man preserved a becoming gravity.

"My name is Aylmer," he informed her with composure. "The—the professor?" she stammered. "Oh, why did astrology make you feel far worse than murder, arson, or running away with somebody else's husband?"

"I am he." "But—but you can't be the same one?" "The infamous astrologer." "Oh, yes, I'm so glad I've found you."

They sat, and she expounded the situation. He listened with a care that was absolutely loving. Then he grew thoughtful.

"I'm; I think I'd better go upstairs and make the calculations again more fully. Then perhaps I may see how we can avert it." "I was so sorry for you," she said irrelevantly, leaning forward.

"About the sad end of my career?" "Oh, yes, about the police; it sounded so tragic." "It was tragic and funny too. I was hard up, you see; lost nearly all I'd got in a mine—a friend's mine."

"So astrology kept you?" "Yes, for a year or two, till the police turned up." "How awful!" "Oh, it was all right in the end. An old aunt died and left me all she had. An aunt I'd hardly ever seen. But I'll just go upstairs to my books and see if I can make it out."

He reappeared jubilant, carrying a hat and overcoat.

"Nothing to worry about," he informed her. "Only it wants a little care, and I wonder if you'd be kind enough to lunch with me? We could talk it all through."

"Delight!" commenced Serenity with unctious, and then she was reined up by a most ghastly notion.

"You've continued with excessive firmness, 'I can't. It's impossible, for how am I to know that he isn't you?'"

"Who isn't me?" queried the young man.

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grated) and a tablespoonful of butter. Boil fifteen minutes or longer if fire is slow. Test by dropping a half teaspoonful into cold water. If the candy stiffens into form it is "done." If it "runs away" and mingles with the water boil it a little longer until it stands the test described. When it has been cooked enough remove it from the stove and pour into the mixture a teaspoonful of vanilla extract. Pour into a shallow pan and while cooling mark into squares. Place in a cool refrigerator or other cold spot to quickly cool.

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